

November/December 2023

Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Puzzles & Games Trivia (AR) 10:30 The Grand Ole Opry (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Day (AR)  2:00 Afternoon Snack 2:30 Table Hockey Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 IN2L Piggy Bankers Game (AR) 10:30 Bingo (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Can You Picture This? (AR)  2:00 Eggnog Social (AR)  2:30 Wash Day/Pin Drop Game (AR) 4:30 Dinner  FRANKE TOBEY JONES <i>Enjoy your age.</i>	9:00 Montessori Program (AR) 9:00 Worship Service (AR)  9:30 Chair Dancing (AR) 10:00 Music of the 60's (AR) 10:30 Horse Racing Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Deck the Halls/Decoration (AR) 2:00 Afternoon Snack 2:30 Tree Decorating (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR)  10:00 Name That Sound on IN2L (AR) 10:30 Short Story Reading: November Dawn (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Little Women (AR) 2:00 Happy Hour (AR)  2:30 Christmas Song Sing Along (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Lucky Dice Game (AR) 10:30 Musical Scavenger Hunt (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Notable Quotable Day (AR) 2:00 Root Beer Float Social (AR)  2:30 Best of Johnny Cash Songs (AR) 4:30 Dinner 5:15 Seahawks Game (TV)	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:15 Music with Martin (AR) 11:00 Piggy Bankers Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Christmas Music Trivia (AR) 2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Name That Tune (AR) 10:30 New York City Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Mutt Day (AR)  2:00 Afternoon Snack 2:30 Washers Game (AR) 4:30 Dinner

AR= Activity Room
SUN= Sunroom
TV= TV Room

5340 N. BRISTOL ST. TACOMA, WA 98407 (253)752-6621

PROGRAMS SUBJECT TO CHANGE



December 2023

Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
10:30 Morning Movie (AR)	9:30 Seated Cardio (AR)	9:30 Chair Dancing (AR)	9:30 Seated Exercises (AR)	9:30 Seated Exercise (AR)	9:30 Seated Cardio (AR)	9:30 Moving & Grooving with Haley (AR)
11:15 Transition Time (CNA)	10:00 Double Exposure (AR)	9:45 Worship Service and Communion (SN)	10:00 Finish the Phrase (AR)	10:00 Table Games (AR)	10:00 Fun Facts About Hanukkah (AR)	10:00 Hand Spa (AR)
11:30 Lunch	10:30 Naughty or Nice Game (AR)		10:30 Christmas Reindeer Art Project (AR)	10:30 Cornhole Toss (AR)	10:30 Sir James Galway (AR)	
2:00 Afternoon Snack	11:15 Transition Time (CNA)	10:00 Walt Disney Day (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	
4:30 Dinner	11:30 Lunch	10:30 A Day at the Beach (AR)	11:30 Lunch	11:30 Lunch	11:30 Lunch	
	1:00 Horse Racing Game (AR)	11:15 Transition Time (CNA)	1:00 Who Am I? (AR)	1:00 Making Christmas Cards Day (AR)	1:00 Travelogue (AR)	10:30 EZ Trivia (AR)
	2:00 Afternoon Snack	11:30 Lunch	2:00 Happy Hour (AR)	2:00 Afternoon Snack (AR)	2:00 Eggnog Social (AR)	11:15 Transition Time
	2:30 Trivia on iN2L (AR)	1:30 Music with Bob (AR)		2:30 Commercial Jingles (AR)		11:30 Lunch
	4:30 Dinner	2:00 Afternoon Snack	2:30 Name That Christmas Tune (AR)	4:30 Dinner	2:30 Name That Country Song (AR)	1:00 Games on iN2L (AR)
	5:15 Seahawks Game (TV)	2:30 Star of the Month (AR)	4:30 Dinner	Hanukkah Begins	4:30 Dinner	2:00 Holiday Party
		4:30 Dinner				
						4:30 Dinner

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
9:30 Seated Exercise (AR)	9:30 Morning Stretch (AR)	9:30 Chair Dancing (AR)	9:30 Seated Exercises (AR)	9:30 Chair Cardio (AR)	9:30 Seated Cardio (AR)	9:30 Seated Exercise (AR)
10:00 Finish the Phrase (AR)	10:00 Piggy Bankers Game (AR)	9:45 Worship Service (SN)	10:30 Bingo (AR)	10:00 Lucky Dice (AR)	10:00 Creative Chocolates (AR)	10:00 Table Games (AR)
10:30 A Visit to the Forest (AR)	10:15 Music with Ann & Gaye (AR)			10:30 South Pole Day (AR)		10:30 What Am I? (AR)
	11:15 Transition Time (CNA)	10:00 Name That Christmas Tune (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)
11:15 Transition Time (CNA)	11:30 Lunch	10:30 Jeopardy Trivia (AR)	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
11:30 Lunch	1:00 Bowling Game (AR)	11:15 Transition Time CNA)	1:00 Afternoon Movie	1:30 Touchstone Quartet Singers (SN)	1:00 History of Ugly Sweater Day (AR)	1:00 Afternoon Art Project: Snowmen (AR)
1:00 Watercolor Project (AR)		11:30 Lunch				
1:05 Seahawks Game (TV)	2:00 Afternoon Snack	1:00 Gingerbread Man Craft Project (AR)	2:00 Afternoon Snack	2:00 Afternoon Snack	2:00 Afternoon Snack	2:00 Afternoon Snack
2:00 Afternoon Snack	2:30 Sing Along on iN2L (AR)		4:30 Dinner	2:30 Gene Autry Christmas (AR)	2:30 Ring Toss Game (AR)	2:30 Free Rice Game (AR)
2:30 Winter Fun- Snowball Fight (AR)	4:30 Dinner	2:00 Afternoon Snack		4:30 Dinner	4:30 Dinner	4:15 Briggs Singers Holiday Caroling
4:30 Dinner		2:30 Fly Ball (AR)				4:30 Dinner
		4:30 Dinner				
				 FRANKE TOBEY JONES <i>Enjoy your age</i>	Hanukkah Ends	

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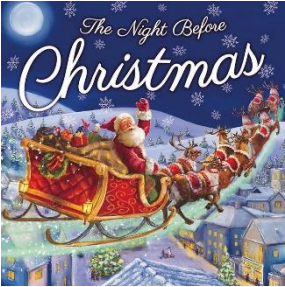
PROGRAMS SUBJECT TO CHANGE



December 2023

Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
9:30 Morning Stretch (AR)	9:30 Seated Cardio (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)	9:30 Chair Yoga (AR)	9:30 Gentle Stretching (AR)	9:30 Morning Stretch (AR)
10:00 All About the Wright Brothers (AR)	10:00 Lucky Dice (AR)	9:45 Worship Service (SN)	10:00 Name That Sound on IN2L (AR)	10:00 Piggy Bankers Game (AR)	10:00 Can You Picture This? (AR)	10:00 Free Rice Game (AR)
	10:30 Baking Group: Cookies (AR)		10:30 Who Are We? (AR)	10:30 Baking Group: Muffins (AR)	10:30 Christmas Symbols (AR)	10:30 T'was the Night Before Christmas (AR)
10:30 Bingo (AR)		10:00 A Historical Mystery (AR)	11:15 Transition Time (CNA)		11:15 Transition Time (CNA)	
11:15 Transition Time (CNA)	11:15 Transition Time CNA)	10:30 Funny Sign Day (AR)	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch	11:15 Transition Time (CNA)
11:30 Lunch	11:30 Lunch	11:15 Transition Time (CNA)	1:00 Piano Music with Sandra Walker	11:30 Lunch	1:00 Mad Science: Sink or Float (AR)	11:30 Lunch
1:00 More Jeopardy Trivia (AR)	1:00 Horse Racing Game (AR)	1:00 Afternoon Art Project: Christmas Trees (AR)		1:00 Look on the Bright Side (AR)	2:00 Hot Chocolate Social	1:00 Bingo (AR)
1:25 Seahawks Game (TV)	2:00 Afternoon Snack (AR)	2:00 Afternoon Snack	2:00 Happy Hour (AR)	2:00 Afternoon Snack (AR)	2:30 Junk Drawer Detective (AR)	2:00 Afternoon Snack
2:00 Afternoon Snack	2:30 Spa Afternoon (AR)	2:30 Finish the Phrase (AR)		2:30 Music of Bing Crosby (AR)	4:30 Dinner	2:30 Name That Tune (AR)
2:30 Fly Ball (AR)	4:30 Dinner	4:30 Dinner	2:30 Lucky Dice (AR)	4:30 Dinner		4:30 Dinner
4:30 Dinner			4:30 Dinner			
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Trivia Fun on iN2L (AR) 10:00 Seahawks Game (TV) 10:30 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Christmas Craft Project – Making Christmas Bells (AR) 2:00 Afternoon Snack 2:30 Remembering Christmas Eve (AR) 4:30 Dinner Christmas Eve	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Christmas Carol Sing Along (AR) 10:30 Christmas Memories (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack (AR) 4:30 Dinner Christmas Day 	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 9:45 Worship Service (SN)  10:00 Piggy Bankers Game (AR) 10:30 Music Circle (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Random Trivia (AR) 2:00 Afternoon Snack 2:30 Table Hockey (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Paper Airplane Throwing Challenge (AR) 10:30 A Supreme Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) 2:00 Happy Hour (AR)  2:30 Music of Broadway (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Nine Pin Bowling Game (AR)  10:30 Chocolate Candy Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 New York Musical Celebration (AR) 2:00 Afternoon Snack 2:30 Fly Ball (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Floor Hockey (AR) 10:00 Name That Scent (AR) 10:30 Modern Jeopardy Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 YMCA Anniversary (AR) 2:00 Afternoon Snack 2:30 Spa Afternoon (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Finish the Phrase (AR) 10:30 Color TV Day (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Where Am I? (AR) 2:00 Afternoon Snack 4:30 Dinner

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December 2023/January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
9:30 Morning Exercises (AR)	9:30 Coffee & Chats (TAA)	9:30 Good News (TAA)	9:30 Coffee Circle (TAA)	9:30 Coffee and Chats (TAA)	9:30 Morning Social (TAA)	9:30 Good News Review (TAA)
10:00 (AR)	10:00 Service Project: Holiday Décor Take Down (TAA)		10:00 Floor Hockey (TAA)	10:00 Putt- Putt Golf (TAA)	10:00 Moving & Grooving Exercise Group (TAA)	10:00 Gum It Up (TAA)
10:30 What Am I? (AR)	11:15 Transition Time	10:00 King of the Road (TAA)	10:30 Festival of Sleep (TAA)	10:30 What Would You Do? (TAA)	10:30 Winter Fun Friday (TAA)	10:30 Turtle Pecan Bites (TAA)
11:15 Transition Time (CNA)	11:30 Lunch	10:30 Car Racing Game (TAA)	11:15 Transition Time	11:15 Transition Time	11:15 Transition Time	
11:30 Lunch	1:00 New Year Resolutions (TAA)	11:15 Transition Time	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:15 Transition Time
1:00 New Year's Day Fun Facts & Trivia (AR)	1:30 Sing Along w/ Suzie (TAA)	11:30 Lunch	1:00 Fly Ball (TAA)	1:00 Bingo (TAA)	1:00 Legendary Spinsters (TAA)	11:30 Lunch
	2:00 Afternoon Snack	1:00 Happy Birthday, Georgia (TAA)	1:30 Finish the Phrase (TAA)	1:30 Button Toss (TAA)	2:00 Afternoon Snack	1:00 Hawkeye State Day (TAA)
1:05 Seahawks Game (TV)	2:30 Bingo (TAA)	1:30 Peach Parfait Creations (TAA)	2:00 Afternoon Snack	2:00 Afternoon Snack	2:30 Remembrall (TAA)	2:00 Afternoon Snack
2:00 Afternoon Snack	3:00 Washers Game (TAA)	2:00 Afternoon Snack	2:30 Victor Borge: Comedy Piano (TAA)	2:15 Happy Birthday, Utah (TAA)	3:00 You Be the Judge (TAA)	2:30 Bingo (TAA)
2:30 Sing Along on iN2L (AR)	4:30 Dinner	2:30 Music of the Andrews Sisters (TAA)	3:00 Horse Racing Game (TAA)	2:45 Music with Roberta Daniel (TAA)	4:30 Dinner	4:30 Dinner
4:30 Dinner	New Year's Day	3:00 Lucky Dice (TAA)	4:30 Dinner			
New Year's Eve		4:30 Dinner		4:30 Dinner		
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